

## 2024 OLYMPIC GAMES COUNTDOWN

### Team China and Olympic champions take a break while hundreds try to boost Paris hopes at continental championships

Nine hundred and ninety-nine weightlifters from across the world are entered in their senior continental championships over the next four weeks. From the first lift at the African Championships in Ismailia, Egypt until the last at the Pan American Championships in Caracas, Venezuela on the last day of February, more than 500 of those athletes will be aiming to improve their position in the Olympic rankings.

The five championships make up the penultimate round in the Paris 2024 qualifying programme which ends with the IWF World Cup in Phuket, Thailand from March 31 to April 11.

With nearly 400 entries, the European Championships in Sofia, Bulgaria from February 12-20 is by far the biggest of the five. The numbers are boosted by the presence of the United States, whose athletes were given permission by the EWF and IWF to compete as guests in Bulgaria because their government advised them not to travel to Venezuela, with which the US has no diplomatic relations. The Americans cannot win medals but their totals will count in the Paris rankings.

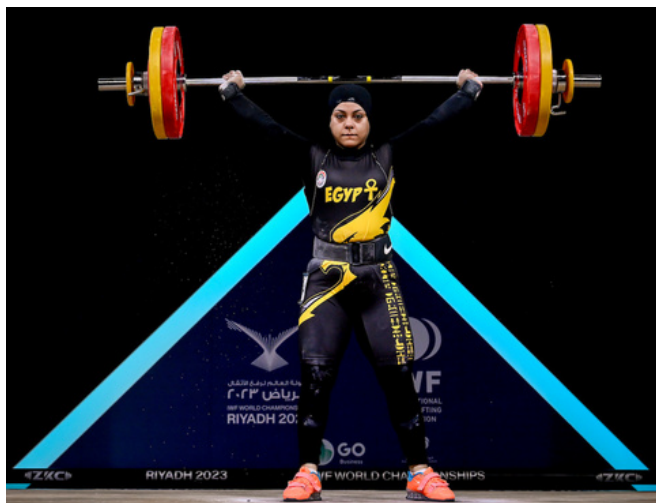
The United States will not be at full strength because some athletes have, like the entire China team, decided to focus on preparations for the IWF World Cup. The double Olympic super-heavyweight medallist Sarah Robles will go for one big final push in Thailand as she tries to overtake team-mate Mary Theisen Lappen, while Jourdan Delacruz has planned all along to miss this round. She is very well placed at 49kg.

Hayley Reichardt, who is only 3kg behind team-mate Delacruz at 49kg, is out of qualifying altogether because of mental burn-out. "I withdrew from the European Championships and the World Cup, so I forfeited my Olympic eligibility. You might be confused... and honestly, I am too," Reichardt said on social media. She had messages of support from team-mates.

"I'm taking a break from the Olympic lifts and doing some different types of workouts and having fun in the gym for the first time in a long time," Reichardt said.

China's athletes dominate the rankings and can afford to focus on training. They lead the way in all five women's weight categories, and three of the men's. In four of the extended lists they have the top two contenders.

Read more [here](#)



Two stars in action: Sara Samir (EGY, left) and Karlos Nasar (BUL, right)

## Fruitful visit from the IWF to China

In representation of the IWF President Mohammed Jalood, the Paris 2024 IWF Technical Delegate and IWF Executive Board member Matthew Curtain recently visited China to primarily inspect and approve the equipment that will be used for the upcoming Olympic Games in the French capital. For that, Mr Curtain had the opportunity to meet with Mr Zhang Zhiguo, General Manager of ZKC, IWF's licenced manufacturer providing all the necessary weightlifting equipment during the Olympic celebration.

During his stay in China, Mr Curtain could meet with representatives of several sport administration levels, namely with Mr Wang Zhiliang, Mayor of Botou Municipal People's Government, Mr Liu Chengliang, Vice-President of China's Weightlifting Association (representing its President Zhou Jinqiang, who is also the country's Deputy Sports Minister), Mr He Yiqun, General Secretary of CWA, Ms Meng Bo, Vice-President of the Asian Weightlifting Federation, Mr Wei Xinhuan, Director of Gymnastics, Weightlifting and Judo Sports Centre at the Hebei Sports Bureau, and Mr Zhao Guoyuan, Director of Cangzhou Sports Bureau.

[Read more here](#)



Matthew Curtain (in the middle) during his visit to China

## Chinese lifters and officials get a Parisian "taste" before the Games

After its successful participation in the IWF Grand Prix II in Doha (QAT) and before its return to the country, the Chinese weightlifting team travelled to Paris (FRA) from December 14-21, 2023 to get a "taste" of the facilities provided for the upcoming Olympic Games in August.

During their stay in the French capital, the Asian delegation had the opportunity to share the facilities of the national weightlifting training center at INSEP, as part of the training sessions scheduled jointly with the French Olympic team.

This enriching experience was highlighted by the staging of a seminar where French and Chinese could debate on talent detection, training and coaching methods.

This opportunity also allowed Team China to visit the French capital, namely the Olympic Village at Saint Ouen.

[Read more here](#)

## TOP-3 – Olympic Qualification Ranking

Before the five continental championships and the IWF World Cup (mandatory event for Paris 2024), all qualifying competitions for the upcoming Olympic Games, the top-3 of the ranking is as follows:

### Men

#### 61kg

- 1.LI Fabin (CHN) - Jinju - 314
- 2.MASSIDDA Sergio (ITA) - Riyadh - 302
- 3.IRAWAN Eko (INA) - Bogota - 300

#### 73kg

- 1.ABDULLAH Rahmat Erwin (INA) - Bogota - 352
- 2.WICHUMA Weeraphon (THA) - Riyadh - 349
- 3.MIYAMOTO Masanori (JPN) - Jinju - 344

#### 89kg

- 1.LI Dayin (CHN) - Jinju - 396
- 2.NASAR Karlos (BUL) - Yerevan - 395
- 3.LOPEZ Yeison (COL) - Doha - 390

#### 102kg

- 1.LIU Huanhua (CHN) - Riyadh - 404
- 2.ELBAKH Fares (QAT) - Doha - 400
- 3.JANG Yeonhak (KOR) - Riyadh - 399

#### +102kg

- 1.TALAKHADZE Lasha (GEO) - Yerevan - 474
- 2.MINASYAN Gor (BRN) - Jinju - 464
- 3.LALAYAN Varazdat (ARM) - Yerevan - 462

### Women

#### 49kg

- 1.JIANG Huihua (CHN) - Doha - 216
- 2.MIRABAI Chanu Saikhom (IND) - Bogota - 200
- 3.SUKCHAROEN Thanyathon (THA) - Jinju - 200

#### 59kg

- 1.LUO Shifang (CHN) - Doha - 247
- 2.KONOTOP Kamila (UKR) - Riyadh - 236
- 3.ALVAREZ Yenny (COL) - Bogota - 234

#### 71kg

- 1.LIAO Guifang (CHN) - Riyadh - 273
- 2.REEVES Olivia (USA) - Doha - 262
- 3.PALACIOS Angie (ECU) - Havana - 261

#### 81kg

- 1.LIANG Xiaomei (CHN) - Doha - 284
- 2.AHMED Sara Samir (EGY) - Tunis - 268
- 3.KOANDA Solfrid (NOR) - Havana - 266

#### +81kg

- 1.LI Wenwen (CHN) - Jinju - 315
- 2.PARK Hyejeong (KOR) - Jinju - 295
- 3.CAMPBELL Emily (GBR) - Bogota - 287

[OLYMPIC QUALIFICATION RANKING](#)

## IWF delegation praises preparation of the Junior Worlds in Leon (ESP)

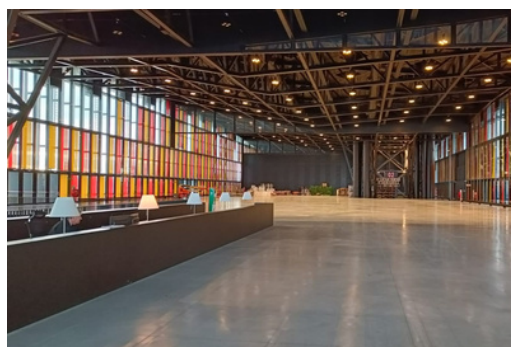
An IWF delegation was in Leon (ESP) for a technical visit in preparation for the IWF World Junior Championships, taking place from September 19-27, 2024. Antonio Urso, IWF General Secretary, Antonio Conflitti, IWF Executive Board member and President of the European Weightlifting Federation, and Matyas Lencser, IWF Competition Manager were welcomed by the highest representatives of the Royal Spanish Weightlifting Federation, namely its President Constantino Iglesias, and its Secretary General Juan Lama.

While in Leon, a city situated in the northwest of the Iberian peninsula, the group had the opportunity to visit the hotels that will host the participants in the competition, as well as the venue where the event will take place. The Mayor of the City, Mr Jose Antonio Diez Diaz, received the weightlifting representatives in the Town Hall, where a Press Conference was held and the local media briefed about the details of the organisation. Finally, a visit to the CAR (National Training Centre) was also scheduled – a facility where members of Spain's national team train frequently.

During the meeting between the IWF and the Spanish Federation, hosts of the Championships, all aspects related to the set-up of the event were analysed, namely the transportation and accommodation plan, the competition and training venue, the promotion of the event, TV production, or the anti-doping and visa procedures.

*"It was quite a successful and fruitful visit, which confirmed our very positive expectation on an excellent organisation of these Championships. We were honoured to be received by the Mayor of Leon, proving that the local authorities are fully determined to support in the best possible way this important competition,"* considered the IWF General Secretary. *"Our gratitude also goes to the Royal Spanish Weightlifting Federation for its outstanding commitment and professionalism in setting-up a great event for our athletes, coaches, officials, and spectators,"* Mr Urso concluded.

Read more [here](#)



From left to right: Juan Lama (SG Spanish WL Federation), Constantino Iglesias (President Spanish WL Federation), Antonio Urso (IWF General Secretary), Jose Antonio Diez Diaz (Mayor of Leon), Antonio Conflitti (IWF President), and Matyas Lencser (IWF Competition Manager)

## 2024: new year, new Prohibited Substances List

This Olympic year started with a new WADA List of Prohibited Substances and Methods, which contains some important updates and modifications. A summary of those changes can be found [here](#), while the new List is available through this [link](#).

Particular attention should be given to information regarding tramadol: in September 2022, WADA decided to prohibit the narcotic tramadol in competition, effective January 1, 2024. The delay in implementation was to ensure stakeholders had enough time to learn and adapt to this change, especially as it pertained to the education of athletes, their entourage, and medical personnel.

Read more [here](#)

## Webpage for the IWF World Cup in Phuket already available!

With less than two months to go before the start of the event, the webpage devoted to the IWF World Cup, to be held from March 31-April 11 in Phuket (THA) is already available. Launched by the organisers of the competition, it contains all the relevant information for the participating delegations wishing to take part in the IWF World Cup.

In this site, you will be able to discover details about the organising city, the venue, provisional competition and training schedule, transportation and accommodation facilities, and of course on accreditation and visa procedures. Event news will also be regularly posted before and during this important IWF competition.

Read more [here](#)



# CONTINENTAL & NATIONAL NEWS

## José Quiñones (PER) re-elected as Pan-American WL Federation President

José Quiñones, from Peru, was re-elected as President of the Pan-American Weightlifting Federation during the Congress of the continental body, held on January 14, 2024 in Lima (PER). Mr Quiñones was the only final candidate to the presidency, after the withdrawal of Mr William Peña (COL), then elected as General Secretary.

A total of 31 National Federations from the Americas were present at the Congress, which elected the following 2024-2028 Executive Board:

**President:** José Quiñones (PER); **General Secretary:** William Peña (COL); **Treasurer:** Luis Seijas (VEN); **Vice-Presidents:** Nadia Alvarado (MEX), Craig Walker (CAN), Jorge Luis Barcelan (CUB) and Luis Zambrano (ECU); **Members:** Paula Aranda (USA), Andrew Callender (BAR) and Jorge España (BOL); **Athlete representative in the EB:** Paola Duhart (URU).

The Congress was attended by several IWF officials, namely: Mohammed Jalood (President), Ursula Papandrea (First Vice-President), Doris Marrero (Vice-President), Matthew Curtain (EB Member), Florian Sperl (EB Member), Yassiny Esquivel (EB Member), Antonio Conflitti (EB Member and EWF President), Mohammed Alharbi (EB Member), Khaled Mehalhel (EB Member and WFA President), and Forrester Osei (EB Member and Athletes Commission Chair).

*"I am very honoured with the renovated confidence that was given to me by all my colleagues of the American continent. It is a great responsibility for me to drive this amazing community, but I am sure that together we can reach great results and achievements. At local, regional and international level, we are able to deliver unforgettable events and our lifters are also among the best in the planet. This is the result of everyone's work in this part of the world,"* considered Mr Quiñones after his successful re-election.

[Read more here](#)

## IWF committee member Keith Morgan is honoured with OBE

The lifelong efforts of a coach who helped women's weightlifting into the sporting mainstream in Britain 40 years ago have been recognised in the nation's New Year Honours List.

Keith Morgan has been awarded an OBE, a chivalric honour established more than 100 years ago, for "services to sport". He is a member of the IWF's Coaching and Research Committee. Morgan has worked with 50 Olympians in a range of sports as a strength and conditioning specialist. He has been involved in weightlifting for more than 50 years as an athlete, coach, talent recruiter, anti-doping tester and competition organiser. He was also technical operations manager at the London 2012 Olympic Games. Among the many elite weightlifters he has coached is Forrester Osei, chair of the IWF Athletes Commission.

[Read more here](#)



*The new-elected Pan-American Weightlifting Federation Executive Board, led by José Quiñones (fifth from the left)*



*Pan-American representatives with IWF officials during the Congress in Lima (PER)*

